

ECONOMY WITH MEAT.

Prominent Engineer has Plan to Save Fats and to Reduce Waste.

Mr. H. D. Symmes of Niagara Falls, Ont., Engineer and Contractor, who has had much experience of an unusually successful character in the management of construction camps in Northern Ontario, has prepared an article at the request of the Food Controller on the handling of meat and food conservation generally in such camps. As a result of more than ten years' experience in feeding considerable numbers of men, Mr. Symmes believes that by proper grading of all meat, removing all flesh from the bones, carefully separating excess fat from the flesh and delivering the meat to the consumer without bone, much saving would be effected. In his own camps he has been able to reduce to a very small amount the quantity of lard purchased. The principle of the plan is to cook the meat without bone and to serve the cooked meat in such a manner that there will be no waste.

Method of Handling Explained.

Mr. Symmes explains as follows his method of handling meat:

"It was brought into the kitchen and thawed out after which it was put on a block or hung up and all meat or fat was removed from the bone. Roughly speaking, there are two grades of meat and fat in all supplies received from wholesale butchers. The first grade can go into the pan without further preparation while the second grade requires to go through the chopper. If one should go into a restaurant and after buying an ordinary steak should proceed to weigh the different parts of it, he would get about this result:

First class meat.....	40 per cent.
Second class meat.....	20 "
Bone.....	20 "
Fat.....	20 "

"This is the showing after the meat is dressed by the butcher and the cook. In our camps, after the meat was dissected it was made up into cubes for roasting, each about eight pounds in weight, the object being to have the cubes of approximately the same dimensions and weight so that when in the oven in large quantities they would all be cooked to about the same extent. Fats were carefully separated and utilized. In most camps, the only fats kept are those from the drippings on the pans.

Heaping Dishes Custom Wasteful.

"We found it economical to serve only four portions in a serving dish. The ordinary lumber-camp custom of having heaping dishes of all food was not allowed. As the men gradually left the table near the end of a meal the dishes were always taken back into the kitchen for re-warming and fresh portions issued to the remaining men. In this way at the end of a meal there was practically no food left either on the table or on the men's plates."

Mr. Symmes adds that the cost of feeding, after hauling all materials sixty miles and after charging up the Superintendent's wages, cook's wages, chore boys' wages, fuel and 15 per cent profit was made on the materials used was 50½ cents per man per day. The effort was made not to serve cheap meals but efficient meals. He points out that it is not economical to provide the same class of food for lumberjacks as it is for men working underground. Ninety per cent of the food used by a lumberjack would be wasted by an underground man, he says, consequently it has been found advantageous, where it is necessary to feed both classes of men on the same job, to provide either separate dining rooms or at least separate tables for the various classes of labor.

Would make Grading Compulsory.

Mr. Symmes says in conclusion: "The further suggestion is made that butchers be not allowed to sell to customers any meat except that separated from the bone. This meat should be divided into grades and, if necessary, the price from time to time fixed for each grade. The result would be that when a person telephoned for a piece of meat of a specified grade he would not receive, as is now usual, only from thirty to forty per cent of meat that can be used on the table but precisely what he orders.

"The saving of time and fuel in cooking might also be of some slight advantage, as also would be the collection of bone in central places for use as fertilizer. I am firmly of the opinion that if this system were adopted it would go a long way towards the solution of the problem of the world's shortage of animal fats."